



Strength Training for the Chest Poster

Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Chest Poster*, presents eight exercise illustrations.

-Bench press

-Bench press with narrow grip

-Incline press

-Bench press with dumbbells

-Dumbbell flys

-Incline dumbbell press

-Parallel bar dips

-Dumbbell pullover

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every chest workout.

Individual poster size: 24" x 31" (60 x 80 cm).

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